

DAFTAR PUSTAKA

- Ahmad, Z. R., Bano, N., Ahmad, R., & Khanam, S. J. (2013). Social Anxiety in Adolescents: Does Self-esteem Matter? *Asian Journal of Social Sciences and Humanities*, 2(2), 91-98.
- Aryana, M. (2010). Relationship between Self-esteem and Academic Achievement Amongst Pre-University Students. *Journal of Applied Sciences* 10(20), 2474-2477.
- Azwar, S. (1996). *Tes Prestasi*. Yogyakarta: Pustaka Pelajar.
- Azwar, S. (2012). *Metode Penelitian*. Yogyakarta: Pustaka Pelajar.
- Bartlett, M. Y., & DeSteno, D. (2006). Gratitude and Prosocial Behavior: Helping When It Costs You. *Psychological Science Vol 17*(4), 319-325.
- Baumeister, R. F., Campbell, J. D., Krueger, J. I., & Vohs, K. D. (2003). Does High Self-esteem Cause Better Performance, Interpersonal Success, Happiness, or Healthier Lifestyles?
- Baumgartner-Tramer, F. (1938). "Gratefulness" in Children and Young People. *The Journal of Genetic Psychology*, 53, 53-66.
- Bleidorn, W., Arslan, R. C., Denissen, J. A., Rentfrow, P. J., Gebauer, J. E., & Potter, J. (2016). Age and Gender Differences in Self-Esteem—A Cross-Cultural Window. *Journal of Personality and Social Psychology Vol. 111* No. 3, 396-410.
- Branden, N. (1969). *The Psychology of Self-esteem*. Los Angeles: Nash Publishing.
- Brown, J. D. (2010). High Self-esteem Buffers Negative Feedback: Once More With Feeling. *Cognition and Emotion* 24 (8), 1389-1404.
- Buunk, A. P., & Gibbons, F. X. (2006). Social Comparison Orientation: A New Perspective on Those Who Do and Those Who Do Not Compare With Others. In S. Guimond, *Social Comparison and Social Psychology: Understanding Condition, Intergroup Relations, and Culture*. New York: Cambridge University Press.

Buunk, A. P., & Gibbons, F. X. (2007). Social Comparison: The End of A Theory and The Emergence of A Field. *Organizational Behavior and Human Decision Processes*, 102, 3-21.

- Chou, H. T., & Edge, N. (2012). "They Are Happier and Having Better Lives Than I am": The Impact of Using Facebook on Perceptions of Others' Lives. *Cyberpsychology, Behavior, and Social Networking*, 15, 117-121.
- Clay, D., Vignoles, V. L., & Dittmar, H. (2005). Body Image and Self-Esteem Among Adolescent Girls: Testing the Influence of Sociocultural Factors. *Journal of Research on Adolescence*, 15(4), 451-477.
- Coopersmith, S. (1967). *The Antecedents of Self-esteem*. San Francisco: W. H. Freeman.
- Corcoran, K., Crusius, J., & Mussweiler, T. (2011). Social Comparison: Motives, Standards, and Mechanisms. In D. Chadee, *Theories in Social Psychology* (pp. 119-139). United Kingdom: Blackwell Publishing Ltd.
- Creswell, J. W. (2008). *Educational Research (Planning, Conducting, and Evaluating Quantitative and Qualitative Research) Third Edition*. New Jersey: Pearson Education, Inc.
- Cross, S. E., & Madson, L. (1997). Models of The Self: Self-construals and Gender. *Psychological Bulletin*, 122, 5-37.
- Donnellan, M. B., Trzesniewski, K. H., Robins, R. W., Moffitt, T. E., & Caspi, A. (2005). Low Self-Esteem Is Related to Aggression, Antisocial Behavior, and Delinquency, 16(4), 328-335.
- Donnellan, M. B., Trzesniewski, K. H., Conger, K. J., & Conger, R. D. (2007). A Three-wave Longitudinal Study of Self-evaluations During Young Adulthood. *Journal of Research in Personality*, 41, 453-472.
- Dunning, D., & Hayes, A. (1996). Evidence of Egocentric Comparison in Social Judgment. *Journal of Personality and Social Psychology*, 213-229.
- Emmons, R. A., & Shelton, C. M. (2002). Gratitude and The Science of Positive Psychology. In C. R. Snyder, & S. J. Lopez, *Handbook of Positive Psychology* (pp. 459-471). Oxford: Oxford University Press.
- Emmons, R. A., & McCullough, M. (2003). Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life. *Journal of Personality and Social Psychology*, 84(2), 377-389.
- Emmons, R. A., & McCullough, M. E. (2004). *The Psychology of Gratitude*. New York: Oxford University Press.

Emmons, R. A. (2007). *Thanks: How The New Science of Gratitude Can Make You Happier*. Boston: Houghton Mifflin Company.

- Erol, R. Y., & Orth, U. (2011). Self-esteem Development From Age 14 to 30 Years: A Longitudinal Study. *Journal of Personality and Social Psychology*, 101(3), 607–619.
- Fardouly, J., Diedrichs, P. C., Vartanian, L. R., & Halliwell, E. (2015). Social Comparisons on Social Media: The Impact of Facebook on Young Women's Body Image Concerns and Mood. *Body Image* 13, 38-45.
- Festinger, L. a. (1954). A Theory of Social Comparison Processes. *Human Relations*, 7(1996), 117–140
- Fitzgerald, P. (1998). Gratitude and Justice. *Ethics*, 109, 119-153.
- Franz, B. C., & Okdie, B. M. (2014). What You Don't Know Can Hurt You: Social Comparison on Facebook. *The Ohio State University*, 1-26.
- Freitas, L. B., Pieta, M. A., & Tudge, J. R. (2011). Beyond Politeness: The Expression of Gratitude in Children and Adolescence. *Psicologia: Reflexao e Critica*, 24(4), 757-764.
- Froh, J. J., Yurkewicz, C., & Kashdan, T. B. (2009). Gratitude and Subjective Well-being in Early Adolescence: Examining Gender Differences. *Journal of Adolescence*, 32, 633-650.
- Froh, J. J., Emmons, R. A., Card, N. A., Bono, G., & Wilson, J. A. (2011). Gratitude and The Reduced Costs of Materialism in Adolescents. *Journal of Happiness Studies*, 12, 289-302.
- Gatti, E., Ionio, C., Traficante, D., & Confalonieri, E. (2014). "I Like My Body; Therefore, I Like Myself": How Body Image Influences Self-Esteem—A Cross-Sectional Study on Italian Adolescents. *Europe's Journal of Psychology*, Vol. 10(2), 301-317.
- Gibbons, F. X., & Buunk, B. P. (1999). Individual Differences in Social Comparison: Development of A Scale of Social Comparison Orientation. *Journal of Personality and Social Psychology*.
- Giordano, C., Wood, J. V., & Michela, J. L. (2000). Depressive Personality Styles, Dysphoria, and Social Comparisons in Everyday Life. *Journal of Personality and Social Psychology*, 79, 438-451.
- Haferkamp, N., Eimler, S., Papadakis, A., & Kruck, J. (2012). Men Are from Mars, Women Are from Venus? Examining Gender Differences in Self-Presentation on Social Networking Sites. *Cyberpsychology, Behavior, and Social Networking*, 15(2), 91-98.

- Heatherton, T. F., & Wyland, C. L. (2003). Assessing Self-esteem. In S. J. Lopez, & C. R. Snyder, *Positive Psychological Assessment: A Handbook of Models and Measures* (pp. 219-233). Washington, DC: American Psychological Association.
- Hemphill, K., & Lehman, D. (1991). Social Comparisons and Their Affective Consequences: The Importance of Comparison Dimension and Individual Difference Variables. *Journal of Social and Clinical Psychology*, 10(4), 372-394.
- Horberg, E. J., & Chen, S. (2010). Significant Others and Contingencies of Self-Worth: Activation and Consequences of Relationship-Specific Contingencies of Self-Worth. *Journal of Personality and Social Psychology*, 98(1), 77-91.
- Hurlock, E. B. (2003). *Psikologi Perkembangan: Suatu Pendekatan Sepanjang Rentang Kehidupan (Edisi 5)*. Jakarta: Erlangga.
- Hutson-Comeaux, S. L., & Kelly, J. R. (2002). Gender Stereotypes of Emotional Reactions: How We Judge an Emotion as Valid. *Sex Roles*, 47, 1-10.
- Ihsan, H. (2013). *Metode Skala Psikologi*. Bandung.
- Jones, D. C. (2002). Social Comparison and Body Image: Attractiveness Comparisons to Models and Peers Among Adolescent Girls and Boys, 45(November 2001), 645-664.
- Kalpidou, M., Costin, D., & Morris, J. (2011). The Relationship Between Facebook and the Well-Being. *Cyberpsychology, Behavior, and Social Networking*, 14(4), 183-189.
- Kashdan, T. B., Mishra, A., Breen, W. E., & Froh, J. J. (2009). Gender Differences in Gratitude: Examining Appraisals, Narratives, the Willingness to Express Emotions, and Changes in Psychological Needs. *Journal of Personality* 77:3, 1-40.
- Kearney-Cooke, A. (1999). Gender Differences and Self-esteem. *J. Gend.Specif.Med*, 2(3), 46-52.
- Kendler, K. S., Prescott, C. A., Myers, J., & Neale, M. C. (2003). The Structure of Genetic and Environmental Risk Factors for Common Psychiatric and Substance Use Disorders in Men and Women. *Archives of General Psychiatry*, 60, 929-937.

Kirana, E. (2013, Agustus 21). *SuaraMerdeka.com*. Retrieved November 3, 2015, from

<http://www.suaramerdeka.com/v1/index.php/read/cetak/2013/08/%2021/234195/Pengaruh-Media-Sosial-bagi-Remaja>

- Kong, F., Ding, K., & Zhao, J. (2015). The Relationships Among Gratitude, Self-esteem, Social Support and Life Satisfaction Among Undergraduate Students. *J Happiness Stud*, 477-489.
- Lavine, L. (2014, Maret 10). *Fast Company*. Retrieved November 5, 2015, from <http://www.fastcompany.com/3027380/want-to-be-happier-stop-comparing-yourself-to-what-you-see-on-social-media>
- Lee, S. Y. (2014). How Do People Compare Themselves with Others on Social Network Sites?: The Case of Facebook. *Computers in Human Behavior*, 253-260.
- Lonnovist, J., Verkasalo, M., Helkama, K., Andreyeva, G. M., Bezmenova, I., Rattazzi, A. M., et al. (2009). Self-esteem and Values. *European Journal of Social Psychology*, 39, 40-51.
- Markus, H., & Kiyatama, S. (1991). Culture and The Self: Implications for Cognition, Emotion, and Motivation. *Psychological Review*, 98, 224-252.
- Marshall, S. L., Parker, P. D., Ciarrochi, J., Sahdra, B., Jackson, C. J., & Heaven, P. C. (2015). Self-compassion Protects Against The Negative Effects of Low Self-esteem: A Longitudinal Study in A Large Adolescent Sample. *Personality and Individual Differences*, 74, 116-121.
- McCullough, M. E., Emmons, R. A., & Tsang, J. A. (2002). The Grateful Disposition: A Conceptual and Empirical Topography. *Journal of Personality and Social Psychology*, 112-127.
- McCullough, M. E., Kilpatrick, S. D., Emmons, R. A., & Larson, D. B. (2001). Is Gratitude a Moral Affect? *Psychological Bulletin*, 127, 249-266.
- Miller, T. (1995). *How to Want What You Have*. New York: Avon.
- Moksnes, U. K., Moljord, I. E., Espnes, G. A., & Byrne, D. G. (2010). The Association Between Stress and Emotional States in Adolescence: The Role of Gender and Self-esteem. *Personality and Individual Differences*, 49, 430-435.
- Morrison, S. M. (1979). The Effects of Success and Failure on Self-esteem. *Australian Journal of Psychology*, 31(1), 1-8.

- Mussweiler, T., Ruter, K., & Epstude, K. (2004). The Man Who Wasn't There: Subliminal Social Comparison Standards Influence of Self-evaluation. *Journal of Experimental Social Psychology*, 40, 689-696.
- Neff, K. D. (2011). Self-Compassion, Self-Esteem, and Well-Being. *Social and Personality Psychology Compass*, 1-12.
- Orth, U., Robins, R. W., & Roberts, B. W. (2008). Low Self-Esteem Prospectively Predicts Depression in Adolescence and Young Adulthood, 95(3), 695-708.
- Pempek, T. A., Yermolayeva, Y. A., & Calvert, S. L. (2009). College Students' Social Networking Experiences on Facebook. *Journal of Applied Developmental Psychology*, 227-238.
- Peterson, C., & Seligman, M. E. (2004). *Character Strengths and Virtues: A Handbook and Classification*. New York: Oxford University Press.
- Rahman, A. F. (2015, September 23). *detik inet*. Retrieved November 15, 2015, from <http://inet.detik.com/read/2015/09/23/092643/3026275/398/pengguna-instagram-tembus-400-juta-indonesia-terbanyak>
- Rash, J., Matsuba, M. K., & Prkachin, K. M. (2011). Gratitude and Well-Being: Who Benefits The Most from A Gratitude Intervention? *Applied Psychological Health Well Being* 3, 350-369.
- Reza, J. I. (2015, Januari 22). *PORTAL CBN*. Retrieved November 3, 2015, from <http://portal.cbn.net.id/cbprtl/cybertech/detail.aspx?x=Tech+Info&y=cyber tech|0|0|2|18233>
- Rosenberg, M. (1965). *Society and The Adolescent Self-Image*. Princeton: Princeton University Press.
- Rosenberg, J., & Egbert, N. (2011). Online Impression Management: Personality Traits and Concerns for Secondary Goals as Predictors of Self-presentation Tactics on Facebook. *Journal of Computer-Mediated Communication*, 1-18.
- Santrock, J. W. (2007). *Remaja (Edisi 11)*. Jakarta: Erlangga.
- Smith, R. H. (2000). Reactions To Upward and Downward Social Comparisons. *Handbook of Social Comparison: Theory and Research*, 173-201.

Stapel, D. A., & Tesser, A. (2001). Self-activation Increases Social Comparison.
Journal of Personality and Social Psychology, 81(4), 742.

- Stapleton, P. B., Isles, J., Chatwin, H., & Kalla, M. (2015). Can Health Status and Self-esteem Predict Gratitude in Adult Females? *Current Research in Psychology*, 31-45.
- Steers, M. N., Wickham, R. E., & Acitelli, L. K. (2014). Seeing Everyone Else's Highlight Reels: How Facebook Usage is Linked to Depressive Symptoms. *Journal of Social and Clinical Psychology*, Vol. 33, No. 8, 701-731.
- Strickhouser, J. E., & Zell, E. (2015). Self-Evaluative Effects of Dimensional and Social Comparison. *Journal of Experimental Social Psychology*, 60-66.
- Suls, J., & Wheeler, L. (2012). Social Comparison Theory. In P. A. Van Lange, A. W. Kruglanski, & E. T. Higgins, *Handbook of Theories of Social Psychology vol. 1* (pp. 460-482). London: SAGE Publications Ltd.
- Suls, J., Martin, R., & Wheeler, L. (2002). Social Comparison: Why, With Whom, and With What Effect? *Current Directions in Psychological Science*, 159-163.
- Swallow, S. R., & Kuiper, N. A. (1992). Mild Depression and Frequency of Social Comparison Behavior. *Journal of Social and Clinical Psychology*, 11, 167-180.
- Taylor, S. E., & Lobel, M. (1989). Social Comparison Activity under Threat: Downward Evaluation and Upward Contacts. *Psychological Review*, 569-575.
- Taylor, S. E., Peplau, L. A., & Sears, D. O. (2009). *Psikologi Sosial Edisi Kedua Belas*. Jakarta: Kencana Prenada Media Group.
- Trzesniewski, K. H., Donnellan, M. B., & Robins, R. W. (2003). Stability of Self-esteem Across The Life Span. *Journal of Personality and Social Psychology*, 84, 205-220.
- Uba, I., Yaacob, S. N., Talib, M. A., Mofrad, S., & Abdullah, R. (2013). Effect of Self-esteem in The Relationship between Stress and Substance Abuse among Adolescents: A Mediation Outcome. *International Journal of Social Science and Humanity*, 3(3), 214-217.
- Uhlir, J. L. (2016). Social Comparison and Self-Presentation on Social Media as Predictors of Depressive Symptoms. *Scripps Senior Theses*, 1-32.
- van de Ven, N., Zeelenberg, M., & Pieters, R. (2011). Why Envy Outperforms Admiration. *Personality and Social Psychology Bulletin* 37 (6), 784-795.

- Vogel, E. A., Rose, J. P., Roberts, L. R., & Eckles, K. (2014). Social Comparison, Social Media, and Self-Esteem. *Psychology of Popular Media Culture Vol 3*, 206-222.
- Vogel, E. A., Rose, J. P., Okdie, B. M., Eckles, K., & Franz, B. (2015). Who Compares and Despairs? The Effect of Social Comparison Orientation on Social Media Use and Its Outcomes. *Personality and Individual Differences (86)*, 249-256.
- Wang, D., Wang, Y. C., & Tudge, J. R. (2015). Expressions of Gratitude in Children and Adolescents: Insights From China and the United States. *Journal of Cross Cultural Psychology*, 1039-1058.
- Ward, L. (2014). Shame and Guilt: Their Relationship with Self-esteem and Social Connectedness in Irish Adults. *DBS School of Arts*, 1-45.
- Watkins, P. C. (2014). *Gratitude and The Good Life: Toward a Psychology of Appreciation*. Dordrecht: Springer.
- White, J. B., Langer, E. J., Yariv, L., & Welch, J. C. (2006). Frequent Social Comparisons and Destructive Emotions and Behaviors: The Dark Side of Social Comparisons. *Journal of Adult Development*, 13(1), 36-44.
- Wills, T. A. (1981). Downward Comparison Principles in Social Psychology. *Psychological Bulletin*, 245-271.
- Wood, A. M., Joseph, S., & Linley, A. (2007). Gratitude-Parent of All Virtues. *The Psychologist*, 20(1), 18-21.
- Wood, A. M., Maltby, J., Gillett, R., Linley, P. A., & Joseph, S. (2008). The Role of Gratitude in The Development of Social Support, Stress, and Depression: Two Longitudinal Studies. *Journal of Research in Personality Vol 42(4)*, 854-871.
- Wood, A. M., Froh, J. J., & Geraghty, A. W. (2010). Gratitude and Well-being: A Review and Theoretical Integration. *Clinical Psychology Review*, 1-16.
- Zell, E., & Balciotis, E. (2012). The Influence of Social Comparison on Visual Representation of One's Face. *Plos One Vol 7*, 1-8.